

**AMENDMENTS TO THE SPECIFICATION** (37 CFR §1.121(b))

Please insert the following Abstract following the claims (such Abstract also being provided on a separate sheet accompanying this Preliminary Amendment, as per 37 CFR §1.72(b)):

A hydration monitor includes a temperature sensor (20; 65) for measuring a subject's core body temperature and a processor (30). The processor is arranged to accept measurements from the temperature sensor (20; 65) and calculate a hydration level in dependence on changes in the measured core body temperature.